

SPECIALISED TRAINING STUDIOS



MONDAY - THURSDAY: 05h00 - 21h00 | FRIDAY: 05h00 – 20h00 | SATURDAY: 07h00 - 16h00 | SUNDAY: 08h00 – 13h00

All classes included in membership fees | All classes are 1 hour | **Private Classes Not Included in Membership Fees

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05h00		Functional Boxfit G1 Naivi FUNK FIT		Functional Boxfit G1 Naivi FUNK FIT		
06h00						
07h00	Functional Boxfit G1 Naivi ABS				Functional Boxfit G1 Naivi BAMS	
08h00	Group Weight Training Thabiso (G3/6)	Body Conditioning Sinethemba (G3/6)	Group Weight Training Thabiso (G3/6)	Spinning Mao G5 RHYTHM SPINNING	Group Weight Training Thabiso(G3)	
08h30				Restorative Yoga Monica (G1)		Bootcamp Mao (G3)
09h00	Restorative Yoga Monica (G1)	Pilates Mientjie (G1)	Low Tone Combo Mientjie (G1)		Mobility & Stretch/Pilates Mientjie (G1)	
10h00						
11h00						
12h00						
14h30						
16h00						
17h00		Pilates Mientjie (G1)	ABS/YOGA Mao (G1)	Pilates Mientjie (G1)	Muay Thai BEGINNERS Daniela Muay Thai Centre (G4)	
17H30	Muay Thai BEGINNERS Daniela Muay Thai Centre (G4)	Muay Thai INTERMEDIATE Daniela MuayThai (G4)		Muay Thai INTERMEDIATE Daniela Muay Thai Centre (G4)		
18h00	SPINNING COMBO/WEIGHTS Mao (G5) STEP/BOXING & AEROBICS MAMIKI (G1)	SPINNING MONICA (G5) Functional Cross Training JP (G6) RUTHLESS FITNESS ADVANCED Body Inferno & Sculpt TJ (G1)	SPINNING COMBO Mao (G5)	SPINNING COMBO Mao (G5) Functional Cross Training JP (G6) ADVANCED Body Inferno & Sculpt TJ (G1)		
18h30	Group Weight Training Thabiso G2)	Group Weight Training Thabiso (G2)	Group Weight Training Thabiso (G2)	Group Weight Training Thabiso (G2)		
19h00	Functional Hybrid Training Mao (G6)	Zumba/Sibusiso (G1)		Zumba/Sibusiso (G1)		

Main Studio (G1) | Atrium (G2 | Circuit Area (G3) | Muay Thai (G4) | Spinning (G5) | Functional Hybrid Training (G6)
ABS | Cardio | Weights (upper level)